



Kincare Connection



VOLUME 26

JULY 2013



Idaho Kincare Family Day

FRIDAY, JULY 19th

12:30 PM

ALAMEDA PARK

Come celebrate Idaho Kincare Families!

There will be no Relatives as Parents support group in July. In August, we will meet weekly—Thursday at 12 noon at the Bannock Youth Foundation, 403 N. Hayes. Shannon Koch with Eat Smart Idaho will be talking with us about nutrition, physical activity, and everything in between.



Summer Safety: Recognizing Drowning

Drowning does not look like most people expect. There is very little splashing, no waving, and no yelling or calls for help of any kind. To get an idea of just how quiet and undramatic from the surface drowning can be, consider this: ***It is the No. 2 cause of accidental death in children, ages 15 and under (just behind vehicle accidents)—of the approximately 750 children who will drown next year, about 375 of them will do so within 25 yards of a parent or other adult. According to the CDC, in 10 percent of those drownings, the adult will actually watch the child do it, having no idea it is happening.*** Drowning does not look like drowning—Dr. Francesco A. Pia, Ph.D, in an article in the Coast Guard's On Scene magazine, described the Instinctive Drowning Response like this:



“Except in rare circumstances, drowning people are physiologically unable to call out for help. The respiratory system was designed for breathing. Speech is the secondary or overlaid function. Breathing must be fulfilled before speech occurs.

Drowning people's mouths alternately sink below and reappear above the surface of the water. The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale, and call out for help. When the drowning people's mouths are above the surface, they exhale and inhale quickly as their mouths start to sink below the surface of the water.

Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water's surface. Pressing down on the surface of the water permits drowning people to leverage their bodies so they

can lift their mouths out of the water to breathe.

Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm movements. Physiologically, drowning people who are struggling on the surface of the water cannot stop drowning and perform voluntary movements such as waving for help, moving toward a rescuer, or reaching out for a piece of rescue equipment.



From beginning to end of the Instinctive Drowning Response people's bodies remain upright in the water, with no evidence of a supporting kick. Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before submersion occurs.”

This doesn't mean that a person that is yelling for help and thrashing isn't in real trouble—they are experiencing aquatic

The Importance of Self-Care

From <http://www.aasa.dshs.wa.gov/caregiving/selfcare.htm>

There is a tendency of many caregivers to put the needs of everyone else before their own. This may work in the short-term, but in the long haul it can lead to illness, frustration, resentment, depression, and/or burnout.



Good self care means you continually need to replenish yourself physically, emotionally, and spiritually. If you won't do it for yourself (and we hope you will), then do it for your loved one. You have to take care of yourself if you want to continue giving good care. It is



important to carve out some time for yourself each day for self care. If you wait until all of your chores are done before doing something for yourself, it may not ever happen.

Schedule time away on a regular basis. To maintain your own emotional and physical health it is absolutely necessary to get relief from your caregiving role. Get respite care if it is needed for

you to be able to take some time for yourself.

Keep yourself physically and mentally healthy. Studies have shown that many older people grow physically weaker not just because of age but because they stop using their muscles as much as they did when they were younger.



Some studies suggest that as little as three to four months of proper training can reverse as much as thirty years of decline in function.

Additionally, the brain is like a muscle – it needs regular workouts. Here are a few suggestions: Read a variety newspapers, magazines and books; Play games like Scrabble, cards and Chess; Take a class on a subject that interests you; Begin a new hobby; Learn a new language; or Do crossword puzzles and word games.

Your health counts! Make sure you eat a healthy diet and get some form of

exercise as often as possible. A brisk walk is a sure way to relieve stress. Make sure to make and keep medical and dental appointments for yourself. The following are three important steps you can take to make sure you stay on top of your health and learn of any problems early: Stay up to date on all recommended immunizations; Get regular physicals; and Visit your dentist regularly.



Be kind to yourself. Give yourself credit for the things you do well. Treat yourself to a small present when you're feeling low. Take time for a long, hot bath.

Stay socially connected and involved with activities and people that bring you pleasure. Friendships help to extend the length of our lives, have a positive impact on our immune systems, and help to protect our minds from mental decline as we age.

Talk to someone who can help you look at things more objectively, perhaps a friend, a fellow caregiver, or a professional counselor.



Be honest with friends and family about your needs. The next time someone offers to help, be prepared, and say "yes". People can be the most helpful if you tell them precisely what is needed. Make a list of what you are already doing and identify things others may be able to do to help you.

Recognize and deal with signs of stress or depression. Symptoms include apathy, decreased pleasure, indifference to others, feelings of worthlessness, and mood swings, among others.

Don't put off taking care of yourself!

Preventing Summer Learning Loss

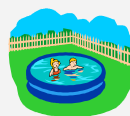
All students experience learning losses when they do

not engage in educational activities during the summer. On average, students lose approximately 2.6 months of grade level equivalency in mathematical computation skills during the summer months. Here are a few suggestions to combat summer learning loss with your kids:

Visit your local library often. They may have a summer reading program, and the librarians can suggest grade-level and recreational books for your kids. Check out museums, the zoo, aquariums, concerts and parks that you don't usually get to attend during the school year. Have them keep a journal (writing skills!) of their activities, and perhaps e-mail friends and relatives about what they are doing (again, stealth writing practice!). Try to motivate your child to complete five to 10 math problems (from a grade-appropriate workbook) a few times a week, and to read a chapter in a pleasure book several days a week also. Hopefully, the work will be fun (keep it low-level and simple), and your child will do it for enjoyment.



Beating summer learning loss is especially necessary if your child is "on the bubble" (weak in a particular subject). Summer is a great time to fill in the learning gaps and to begin the next year in a confident manner. Summer is also for relaxing, taking some time off, and just being a kid. The trick is to balance fun with learning, and with all of the local options available to you, it's a task worth tackling!



Community Calendar

1 & 5 — **Idaho Fish & Game Fishing Trailer** at Jensen Grove Park in Blackfoot. Fishing gear for use by the public for free, fishing instruction, and if you register at the trailer— no fishing license is necessary.

4 — **Happy Independence Day!**



4-6— **Blackfoot Pride Days.** Free tours at Potato Museum. Historical Museum Tours, Car Show, carnival, Fishing, Free Potato Feed, Golf Scramble, Kids Day at the Pool, Snow Machine Races, Ping Pong Ball Drop, Sprint Boats, Free Breakfast, etc. Call 208-785-8600 for more information.

10-14 — **Idaho International Choral Festival.** Venues on the ISU campus and community churches. Singers from Australia, China, Costa Rica, Democratic Republic of Congo, Georgia, Germany, Poland, Russia and Switzerland will be featured.



13— **Midsummer's Night for the Zoo.** Adults only, 6-9:30 pm. Enjoy a relaxing evening with live music, food and drinks, no host bar, raffle, and zoo animal ambassadors. Held at the beautiful Ft. Hall Replica Amphitheater, the Midsummer's night for the Zoo features both live and silent auctions that allows guests to take home unique items while helping fund the new Grizzly Bear Exhibit restrooms. The price includes food and entertainment.



19 — **Idaho Kincare Family Day!** Come join us for lunch and a celebration at Alameda Park, Pocatello, 12:30 pm.




20 — **Dog Day at the Farmer's Market.** Join Bannock Bark Parks as they host Dog Day at the Farmers Market. The morning will feature dog washing stations along with bandanas, and vendor booths.



20 — **Revival on the Rock**—Ross Park Band Shelter, 10 am—9 pm.

July 2013

Sun	Mo	Tue	We	Thu	Fri	Sat
	1	2	3	4 	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19 	20
21	22	23	24	25	26	27
28	29	30	31			

4th of July Events

* **Pocatello 4th of July Biggest Show in Idaho**
Fireworks and Parade. Parade 10 am—noon,
Fireworks and celebration 2 pm—1 am at the
Bannock County Fair Grounds

* **Blackfoot Chamber of Commerce Summerfest**
Fireworks Show

* **Lava Hot Springs Independence Day Celebration**
with Fireworks

* **Idaho at 150 Barbeque at Fort Hall Replica**

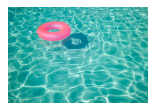
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distress. Not always present before the Instinctive Drowning Response, aquatic distress doesn't last long—but unlike true drowning, these victims can still assist in their own rescue. They can grab lifelines, throw rings, etc. Look for these other signs of drowning:

- Head low in the water, mouth at water level
- Head tilted back with mouth open
- Eyes glassy and empty, unable to focus

- Eyes closed
- Hair over forehead or eyes
- Not using legs—vertical
- Hyperventilating or gasping
- Trying to swim in a particular direction but not making headway

Trying to roll over on the back
Appear to be climbing an invisible ladder
Sometimes the most common indication



that someone is drowning is that they don't look like they're drowning. They may just look like they are treading water and looking up at the deck. One way to be sure? Ask them, "Are you all right?" If they can answer at all—they probably are. If they return a blank stare, you may have less than 30 seconds to get to them. And parents—children playing in the water make noise. When they get quiet, you get to them and find out why.



Taking the Bite out of Summer

—from FosterParentCollege Connections
Newsletter June 2013

Dog Bites—4.5 million Americans are bitten by dogs each year, and one in five dog bites results in injuries that require medical attention. Children age 5-9 are the most common victims. To prevent dog bites, teach children to follow these basic safety tips: do not approach an unfamiliar dog; do not run from a dog or scream; remain motionless when approached by an unfamiliar dog; if knocked over by a dog, roll into a ball and lie still; do not play with a dog unless supervised by an adult; immediately report to an adult any dogs displaying unusual behavior; avoid direct eye contact with a dog; do not disturb a dog that is sleeping, eating, or caring for puppies; do not pet a dog without allowing it to see and sniff you first; and immediately report a dog bite to an adult.

If bitten, wash immediately with soap and warm water and apply pressure to stop the bleeding. Contact your doctor for further care instructions.

Bee Stings—Most bee stings will hurt for a day or two but aren't dangerous. To prevent stings: stay calm around bees; don't swat at or run from bees; avoid perfumes, lip balms and lotions that have a sweet, fruity or floral scent; keep food and drinks covered so they don't attract bees; and bees are drawn to bright "flowery" colors like yellow, pink, orange and red.



If stung, don't squeeze to get the stinger out. If the bee has left the stinger behind, as evidenced by

blackish particles on the skin, try scraping these off with a credit card. Wash with warm water and soap. Apply a paste made of meat tenderizer or baking soda and a few drops of water. If after a couple of days the sting site becomes hot, red, or has other signs of infection, consult a doctor. If the sting victim has trouble breathing or has other extreme reactions, call 911. Allergies to bee stings can be fatal.

Mosquitos and Ticks—Mosquito and tick bites itch. Plus, mosquitoes can transmit West Nile Virus and ticks can transmit Lyme disease. To prevent bites: cover up- clothing is a good barrier for insects; use insect repellent; do not use insect repellents on infants- ask a pediatrician for advice on protecting infants and small children; prevent mosquitoes from laying eggs near your home by eliminating standing water in flower pots, tires, unused birdbaths, etc.; check nightly for ticks and remove immediately; it can take a while for a tick to transmit enough bacteria to cause infection and this simple step may prevent disease. These areas are especially popular for ticks: under the arms, in and around the ears, back of the knees and between the legs, around the waist and inside the belly button, and in and around hair.



If bitten: mosquito bites can be treated with topical anti-itch cream and Benadryl. Remove a tick by grasping it close to the head or mouth and pulling

the whole thing gently straight out. Do not crush or "break" the tick, kill it in a cotton swab soaked with rubbing alcohol, toss it in a fire, or flush it. Watch tick or mosquito bite sites for unusual rashes or signs of infection.

Snake Bites—While rarer than dog bites, bee stings, or insect bites, snake bites can be just as - if not more - dangerous. To try to prevent snake bites: discourage children from playing with garden or forest snakes; if you cross paths with a snake, leave it alone; wear long pants or boots when hiking or working in tall grass; stay away from snake-infested areas at dusk and nighttime; be careful when handling rocks, logs, and other hiding spots for snakes; if you encounter a snake, do not run or move; snakes generally attack moving objects.



If bitten: remain calm- do not run; do not apply ice; do not remove venom- never suck or suction the wound; do not take medication to relieve pain; and seek medical attention immediately.

If a victim has been bitten by a snake not believed to be poisonous, but has any of these reactions, seek medical attention immediately: convulsions, dizziness, bloody discharge, sweating, swelling, numbness, fever, muscle weakness, fainting.

Sources: websites of the American Academy of Pediatric Physicians, U.S. Department of Health and Human Services, Centers for Disease Control, WebMD, KidsHealth.

Kincare Connection Newsletter

Area Agency on Aging

214 E. Center

Pocatello, ID 83201